



Chef Charles Says...

A newsletter for congregate meal participants for the month of March

Chef Charles Club is defined as a group of people who meet with a leader or instructor to learn and discuss how nutrition and physical activity can make a difference in their lives. Participants receive a monthly Chef Charles newsletter from the instructor.

The survey data we collect from Chef Charles participants tells us that instructors do make a difference. For example, in 2009 Chef Charles focused on encouraging participants to eat more fruits and veggies. Chef Charles Club members who participated in activities reported eating more fruits and veggies at meals (56%) and snacks (50%) while those who **just read** the newsletter alone reported more produce consumption at meals (40%) and snacks (39%). While both groups were eating more fruits and veggies, those with an instructor made a bigger change. The time you spend preparing for a Chef Charles Club is valuable for the health of your participants. **Thank you.**

In 2010, Chef Charles wants to answer your questions. What questions do you have? Start thinking about them now and discuss it at your meal site. You can send questions to susanklein50@gmail.com. Each month you will find a column that answers a question from a meal site.

The *Get the News* column in the February, March and April newsletters is focusing on the role of protein in helping to maintain strong muscles. The emphasis on muscle strength is very important for older adults to maintain independence. **There are some older adults, because of kidney disease, who should first consult with their health care provider if they are planning to increase their consumption of protein.** We encourage you to share this with all of your participants. Older adults will know if they have kidney disease if they visit a health professional regularly.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program. It is now called SNAP (Supplemental Nutrition Assistance Program); in Iowa the program is called Food Assistance. As an instructor for Chef Charles you can help those in your club understand that the SNAP program can make a big difference in their food budget. Consider the following activities:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Bookmark www.benefitscheckup.org on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the



instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

Get the News

Props:

- 3 X a Day/Protein + 2 X a Week/Strength Training = Strong Muscles poster from February
- Beef Council handout – this will come with the newsletters
- Newsprint or chalkboard
- Marker
- Deck of playing cards

Protein All Day Long

Last month Chef Charles talked about the importance of eating protein to prevent sarcopenia – or the chronic loss of muscle – that may impact over 50% of people over the age of 80. Current research indicates that most older adults who do not have kidney disease should eat about 25 to 30 grams of quality protein, three times each day, to prevent losing muscle.

This month Chef Charles is going to show you how to do this. Refer to the chart below. What could you eat for breakfast to reach 25 grams? It may be **one cup of milk** (8g) and **scrambled eggs** (14g) made with two eggs (the whites contain protein). Combine this with **toast** (2g) and fruit and you have a well-rounded breakfast with 24 grams of high quality protein. If you want to get 30 grams you could drink two cups of milk instead of one, or add ¼ cup of cottage cheese to the fruit.

What about lunch? If you have a **roasted chicken** (21g) on hand from the deli, slice about three ounces into small pieces and add to your favorite mix of salad greens and chopped **vegetables** (3-4g). Throw in a few canned Mandarin oranges or chopped apples for color and flavor. Don't enjoy meat? Replace some of the chicken with nuts or low-fat cheese.

Dinner is the meal that typically has the most protein. Distribution of protein throughout the day is important, so it may be necessary to reduce the usual amount of protein you eat at dinner. A **hamburger patty** (21g-3oz) about the size of a deck of cards will provide plenty of protein for this meal. Chili made with **beans** (7g-1/2 cup) and **hamburger** (14g-2oz) is a protein-rich entrée.

You can minimize the amount of muscle you lose as you age by eating well – including quality protein throughout the day – and getting daily exercise. Eat smart. Live strong.

Source: *American Journal Clinical Nutrition* 2008; 87(Suppl): 1562S-6S

Activity

One focus of the March newsletter is to teach participants how to select high quality protein and spread the protein throughout the day. We have two resources for you. The Iowa Beef Industry Council has provided the flyer, *Lean Protein Can Help People Live*



Well and Age Vibrantly. The second resource is the *Pick A Better....*column. This activity may seem repetitive but using the three step process will help older adults have a better understanding of the concept.

Step 1: Let's all focus on the March newsletter article about protein. Last month we learned a new formula about protein foods and muscle strength. Does anyone remember the formula? Share the poster:

$$\mathbf{3\ X\ a\ Day/Protein\ +\ 2\ X\ a\ Week/Strength\ Training\ =\ Strong\ Muscles}$$

Today, we are going to focus on the **3 X a Day/Protein**. We need to have 25-30 grams of protein three times a day. In the newsletter article there is an example of how to reach this goal. Let's look at the suggestions for each meal. *On newsprint or chalk board list the foods suggested for each meal and the amount of protein found in the ().*

What is the total protein for each meal? You will notice that the amount is not exactly 25-30 g. Remember that this is not an exact formula but a formula that is used to encourage us to eat more protein.

Step 2: The Iowa Beef Industry Council has shared with us a handout that has a sample menu to incorporate protein into our daily meal choices. Let's first look at breakfast. Can you circle the foods that you think are protein rich? Now, look at the chart on page 4 of the newsletter. How much protein do these foods have?

Note that animal protein is all 7g per ounce. And a deck of cards can illustrate 3 ounces of lean meat.

- Scrambled eggs (7g per egg)
- Lean ground beef (7g per ounce)
- Cheddar cheese (7g per ounce)

Now, Lunch.

- Egg (7g per egg)
- Lean steak strips (7g per ounce)
- Low fat yogurt (8g per cup)
- Pork (7g per ounce)
- Lean ground beef or turkey (7g per ounce)

Now, Dinner.

- Meatballs (7g per ounce)
- Lean pork (7g per ounce)
- Ground turkey (7g per ounce)
- Lowfat cheese (7g per ounce)



Step 3: Let's look at the *Pick A Better.....* newsletter article for more examples of protein rich menus. Please focus on the lunch menu. This is a sample congregate meal menu. Have you ever eaten this menu? It is a good example of the meals you eat and how they are carefully calculated to provide the nutrition you need. How much protein is in the lunch menu? (30 g)

Let's turn to the *Chef Charles Says* article. The last sentence reminds us that each of your congregate meals provides about 1/3 of the recommended potassium you need each day and is low-sodium with less than 1000 mg of sodium. With this one meal providing good nutrition, you have just two meals to plan for better nutrition.

Pick a Better...

Props:

- March congregate meal menus for your site

Note: If eating this much food for a meal (example breakfast), save some of the foods like peanuts and raisins for a mid-morning snack.

Menu With Protein

Plan a day of menus to include protein. Here is an example.

Breakfast (25 g protein)

- 1 cup oatmeal, served with
- 1/2 cup low fat milk
- 1 slice whole wheat bread, toasted
- 1 slice Mozzarella cheese
- 1/3 cup unsalted peanuts and raisins,
- Orange juice

Lunch (30 g protein)

Sample menu from the Polk County Congregate Meals

- 1-1/2 cup ham & bean soup
- 1/2 cup spinach
- 1/2 cup mixed fruit
- 1 slice corn bread
- 1/2 cup chocolate pudding

Dinner (32g protein)

- Lean hamburger patty on whole wheat bun
- Carrot sticks
- Apple slices
- 6 oz. fruit flavored yogurt

Activity

Let's look at our own menus. Each of you, select one menu and circle the protein rich foods. Using the chart in the newsletter on page 4, estimate the amount of protein.



Chef Charles Asks the Questions

Props:

- None

I worry about falling so I just stay home. What can I do?

Meet Tim Getty, Nutrition and Health Coordinator for Heritage Area Agency on Aging.

Tim oversees their Older Americans Act dining program, which serves approximately 2,500 meals per day in seven counties. In addition to good nutrition, Tim is interested in fall prevention. As older adults age, they tend to develop a fear of falling and begin to limit their activities and level of exercise. Actually, limiting activities and moving less can put someone at greater risk of falling.

According to a 2006 study by the University of Iowa, College of Public Health, falls are the number one cause of death for older adults in Iowa. To help older adults with concerns about falling, Tim became a master trainer for a program that helps manage risk for falls called A Matter of Balance. The program emphasizes practical strategies to manage falls. Participants learn to 1) view falls as controllable, 2) make changes to reduce fall risks at home and 3) exercise to increase strength and balance.

Tim enthusiastically shares the success of A Matter of Balance such as the 93 year-old participant in a recent class. She lives by herself and got to and from the class by herself. She did some exercises every morning before deciding to take the class. During the class, she used the A Matter of Balance exercises before she got out of the bed and did a few exercises before she went to bed for the night. She was very excited about what she learned and attended every session.

During the class, participants learn to view falls and fear of falling as something they can control. They also find ways to change the environment to reduce fall-risk factors and learn simple exercises to increase strength and balance. A Matter of Balance is available in many locations in Iowa. Check out the Chef Charles resources to learn more about this program.

Activity

Before the class, visit the resource site found in the newsletter <http://www.iowahealthylinks.org/workshops.html> to learn where the closest *A Matter Of Balance* series is being held.

Class discussion on the next page.



Falling and its resulting injuries are an important public health problem for older adults. The National Safety Council estimates that persons over the age of 65 have the highest mortality rate (death rate) from injuries. Among older adults, injuries cause more deaths than either pneumonia or diabetes. Falls account for about one-half of the deaths due to injury in the elderly.

How many of you know a person who has fallen, and as a result of the fall, their health started deteriorating? This is a common occurrence. In fact, falls for people over the age of 65 results in the highest death rate when associated with an injury. **Please read the note to participants the information in red when you share the mortality data in the newsletter article highlighted in yellow.** Falling also limits our desire to remain independent as we age.

The Iowa Department of Aging has started a series of workshops to help us be steadier on our feet. Let's meet our Chef Charles guest interviewed for March. Read or summarize the article about Tim Getty and finish by sharing what you have found at the resource website.

Be Active

Props:

- None

Balance Exercises

Would you like to know what kind of balance exercises are taught in A Matter of Balance? Try these two examples.

Shoulder Rolls: Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5. The shoulder rolls help improve the range of motion of the shoulders and upper back and they are an excellent way to relieve muscle tension.

Diagonal Arm Press Across the Body and Toward the Floor: Starting with your left arm, press to the right, toward the floor and across your body. Alternate your right and left arm. Repeat 5 to 10 times. This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.

Source: A Matter of Balance Volunteer Lay Model, Maine Health Partnership for Healthy Aging. Used with permission from Boston University.

Activity

Seniors should always consult with their health care professional when developing and using any exercise program.

Make sure to practice the two exercises before you teach them and read the statement in the margin before starting to remind participants of safety. Tim Getty has shared two exercises that he teaches in A Matter of Balance. Let's try them as a group.





Food Safety

Props:

- Examples of cutting boards
- If you have an old cutting board that has grooves or cuts in the board, use to illustrate bullet three.

How to Bleach Countertops

Older adults are at greater risk than young people to become ill from food poisoning. As you age, the immune system weakens, making it harder to fight off bacteria and serious illness. Additionally, you have less stomach acid to control bacteria and weakened kidneys to help filter bacteria from the blood. The good news is that food poisoning can be prevented if you follow proper food safety practices at home. Older adults can help protect themselves by keeping raw meats and ready-to-eat foods separate on the cutting board. Try these suggestions:

- Use two cutting boards: one strictly for raw meat, poultry and seafood; the other for ready-to-eat foods like breads and vegetables.
- Wash cutting boards thoroughly in hot soapy water after each use or place in dishwasher. Use a bleach solution (i.e., one teaspoon bleach in one quart water) and rinse with clean water.
- Discard old cutting boards that have cracks, crevices and excessive knife scars.

Activity

You may not think of a cutting board as a kitchen hazard but it can be. It is a major concern for cross-contamination. How can we stop this from happening? Try these three ideas.



Snacks

Teaching Points:

- Peeling left on the cucumber adds fiber.
- When you are making a pot of chili, save ½ a cup of the kidney beans from the recipe and use in this salad.
- This salad can be stored in the refrigerator covered for up to seven days.
- Refrigerating before serving is a must for the flavor to mature.
- A sweet onion like a Vandalia is a good choice.

Cucumber & Onion Salad

- 1 medium onion, sliced thin
- 1 large cucumber, sliced thin (leave peel on)
- ½ 16oz. can red kidney beans, rinsed and drained

Dressing:

- ½ teaspoon sugar
- 2 teaspoon Italian seasoning
- 1 teaspoon fresh parsley, chopped fine (optional)
- 2 teaspoons olive oil
- 2 tablespoons vinegar
- 2 tablespoons water

In a medium bowl, combine onions, cucumbers, and kidney beans. Toss together, separating onion rings. Set aside. In small jar with tight-fitting lid, combine dressing ingredients. Shake well, let sit 30 minutes in refrigerator. Pour dressing over vegetables. Refrigerate 2 hours and serve.

Pick a better snack



Makes 5-½ cup servings. 78 Calories; 2g fat; 116 mg sodium; 13 g carbohydrates; 250 mg potassium; 20 mcg folate

Recipes

Teaching Points:

- The National Cattlemen's Beef Association created this recipe to limit the amount of sodium.
- The nutrition information is calculated for six servings.
- If you use eight servings, the protein will be 31g per serving.

Lazy Day Beef & Vegetable Soup

- 2-1/2 pounds beef for stew, cut into 3/4-inch pieces
- 2 cans (14 to 14-1/2 ounces each) reduced-sodium beef broth
- 1 can (15 ounces) reduced-sodium chickpeas, drained
- 1 can (14-1/2 ounces) no-salt added diced tomatoes with garlic & onion, undrained
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon dried Italian seasoning, crushed
- 1/2 teaspoon pepper
- 2 cups frozen mixed vegetables
- 1 cup uncooked small pasta

Combine beef, broth, chickpeas, tomatoes, water, salt, Italian seasoning and pepper in 4-1/2 to 5-1/2-quart slow cooker; mix well. Cover and cook on HIGH 5 hours, or on LOW 8 hours. (No stirring is necessary during cooking.)

Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Stir well before serving.



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Serve with cheese, if desired.

Makes 6 to 8 servings (1-1/2 to 2 cups each).

Nutrition information per serving, 1/6 of recipe: 389 calories; 11 g fat 94 mg cholesterol; 481 mg sodium; 34 g carbohydrate; 5.4 g fiber; 41 g protein, potassium 1290 mg, folate 108 mcg



Did You Learn Any New Ideas?

1. Who should talk to a health professional before increasing protein?
2. To maintain muscle strength, strive to eat _____g of protein three times a day.
3. What is the #1 reason for death from injuries for older adults?
4. What is the formula for strong muscles
5. Name the kitchen utensil that can be involved in causing food borne illness.

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
March 2010	_____ Congregate Meal Site Participants	The incentive is a potholder. Please indicate how many are needed _____ We are sorry that many of you have not yet received potholders. You will receive them with your March newsletters.

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Your Answers

Older adults with kidney disease

25-30 g

Falls

3 X a Day/Protein + 2 X a
Week/Strength Training
= Strong Muscles

Cutting board

Chef Charles Says...

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